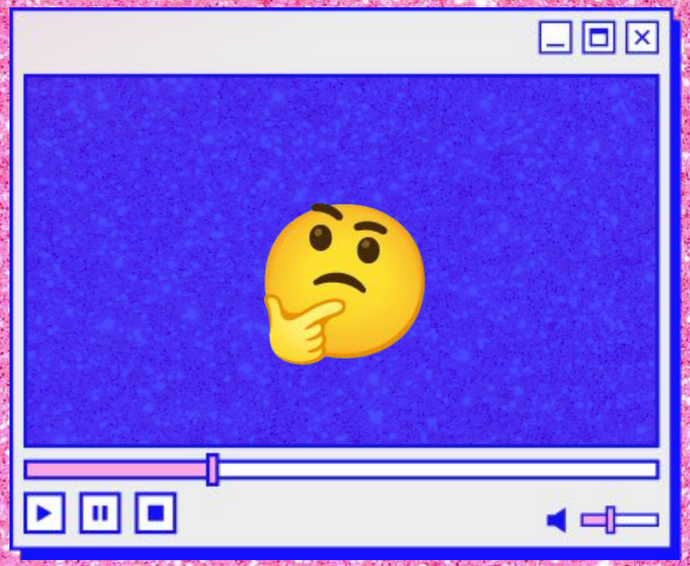
2026
STATE OF THE UNION

SANDY

LIFE LATELY IN 3 WORDS:



Bored

Happy

WHAT I’VE BEEN UP TO

✈️✈️✈️ Trips, travels, adventures, destination weddings

Moved in w/ Martim & got a couple promotions!!

Continuing to get to know New York & building a community there

RECENT ADVENTURES

St John

Morocco

Italy, Switzerland, Portugal, Malta, Hungary

HIGHS

- Sister’s wedding, vacations, weddings,, parents retiring to Malta
- 2 years vested in company
- Martim is a great bf & roommate

&

LOWS

- Unintended pregnancy was painful
- Winter was rough
- Bored at work
- Need more friends in NYC

REFLECTIONS

- Boredom looks a lot like depression
- Energy vampires are real
- Increase your chances to get lucky by increasing your surface area
- Everything is a win when the goal is experience
- The universe is always sending you signs you are on the right path

MANIFESTATIONS

Creating & building relationships & opportunities that align with what brings me joy

Life just keeps getting better & better!!!!!!!!

NEXT TRIP?

Croatia Yacht Week

MAGGIE

LIFE LATELY IN 3 WORDS:

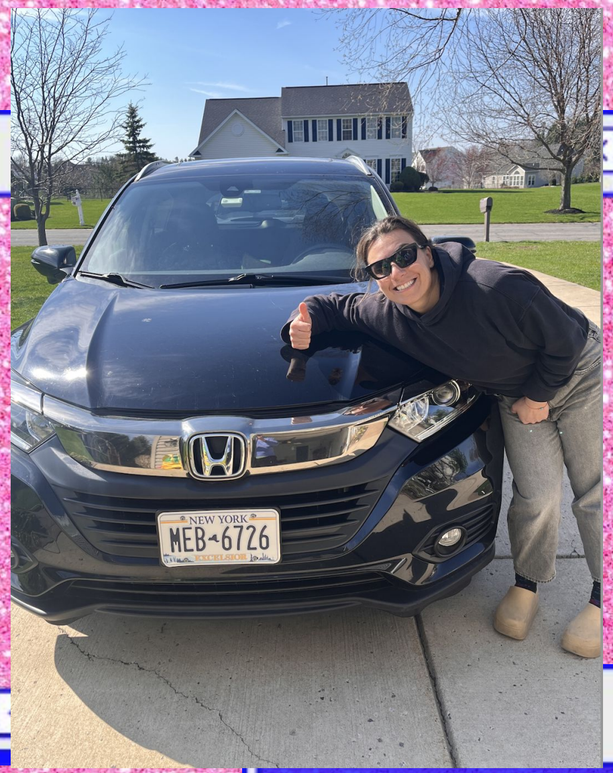
Liminal

Transitional

Full

WHAT I'VE BEEN UP TO

Moving my entire life back to NY and getting by with a little help from my friends!!!!!



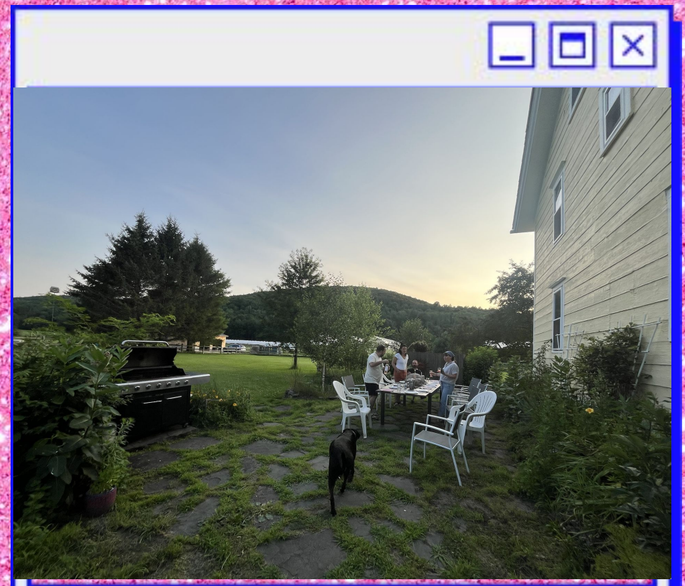
taking cues from the universe and feeling good about getting back to being ME

spending an unusually large amount of time in buffalo with my parents

RECENT ADVENTURES

game 7 of the
world series

spring in amsterdam



long summer weekends
on the delaware river

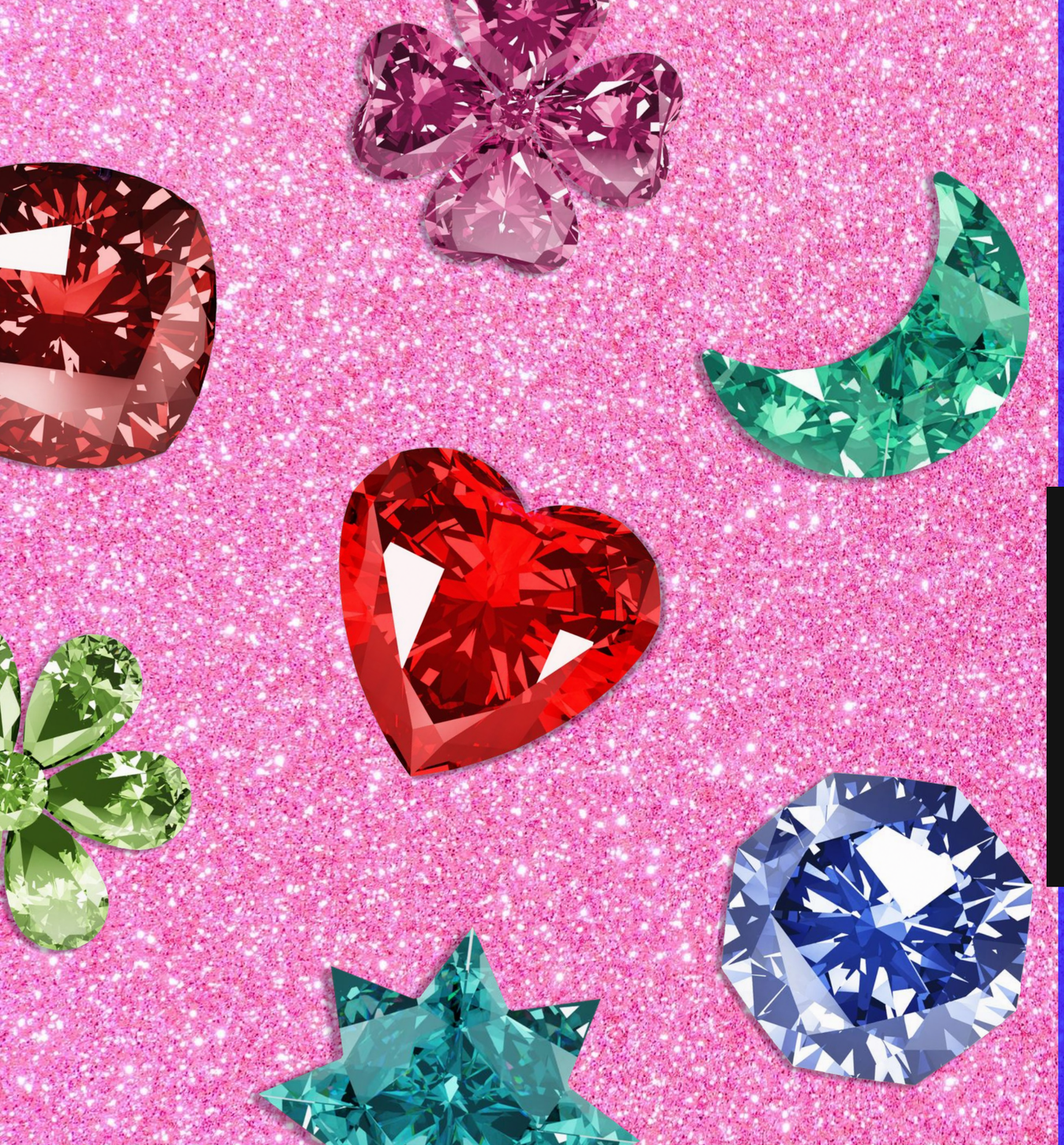
HIGHS

- getting shit done
- figuring shit out
- owning my shit - i do what i say i’m going to do and (sometimes) make it look easy!

&

LOWS

- feeling lost
- feeling behind
- feeling disappointed



REFLECTIONS

from miranda july's substack…

The Best Elijah

A Rabbi said to a young man named Elijah: *and when you get to the pearly gates will you have been the best Elijah, Elijah?* That is the goal, not being good.

MANIFESTATIONS

a fun and flirty sopranos summer - i am the boss

a high paying job that aligns with my values and sets me up for long term stability

NEXT TRIP?

PUERTO RICO

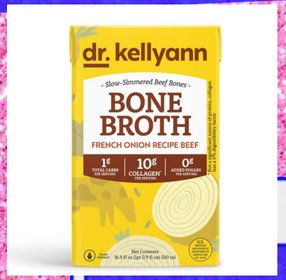
[EARLY ‘27]

JORDAN

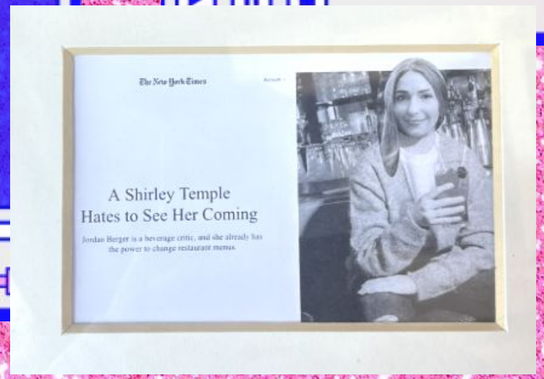
LIFE LATELY IN 3 WORDS:

walk

work



bone broth



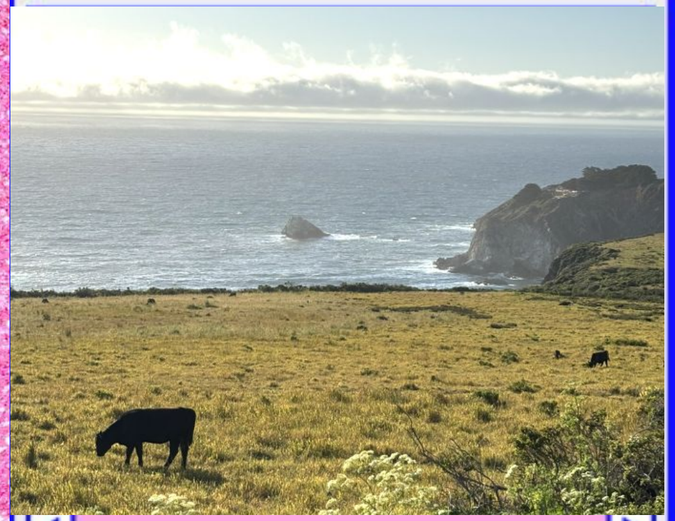
WHAT I’VE BEEN UP TO

film

dates

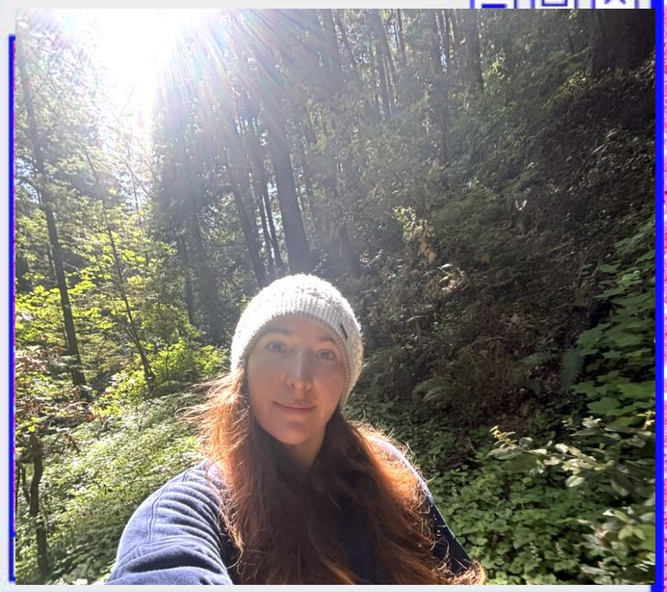
travel

RECENT ADVENTURES



big sur

greece



mendocino

HIGHS

- saying yes
- garden
- walks
- health
- writing

&

LOWS

- pre cancer
- not responding
- home a lot
- inconsistency
- work sometimes

REFLECTIONS

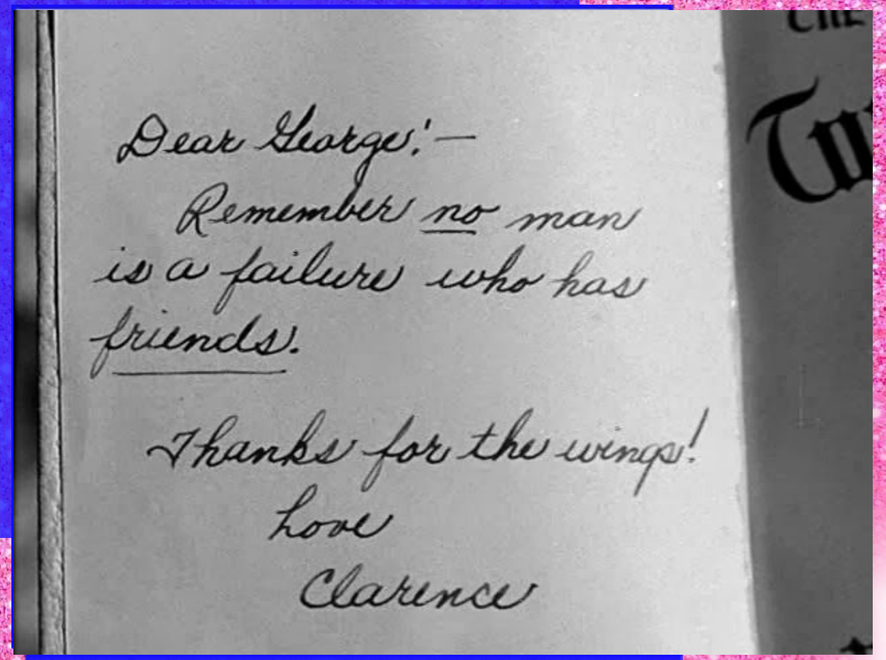
- i love walking
- there is no bad weather only bad clothing
- we don’t rise to our goals we fall to our systems
- give people a picture of what they could become
- gratitude for work

do less to be more

MANIFESTATIONS

NEXT TRIP?

italy or croatia-
april ‘27



LIYA

LIFE LATELY IN 3 WORDS:

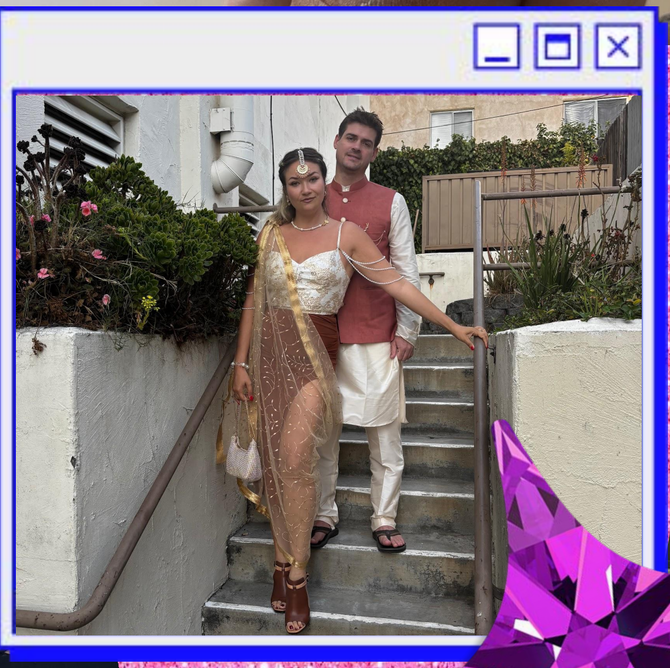
Not preggo!

Good Routine

Happy

WHAT I'VE BEEN UP TO

Lots of travel (NZ, AU, Qatar, JP, Shanghai, Russia!!, MX) and Disneyland #3



RECENT ADVENTURES

HIGHS

- Bought a house
- Super in love with Consta
- Amazing boss
- Journaling <3
- Events!!

&

LOWS

- Neck pain
- Sleep
- Albie + pup mortality
- Trump

REFLECTIONS

- Accepting everything is an act of radical self love
- The purpose of Pinterest is to make inevitable desirable
- Saying “no” helps a lot but can be really hard
- Leaning into fears >>>> avoidance
- Fuck people who can’t be inconveniced for community

MANIFESTATIONS

Journal club is massive with hundreds of ppl and sponsors

Everyone’s parents & pets are really healthy and live long

NEXT TRIP?

Sayulita
New Orleans
Canada

CHRIS

LIFE LATELY IN 3 WORDS:

SIBO

BUSY

REGULATING

WHAT I’VE BEEN UP TO

- -catching babies
- looking for new job

GENOVA DIAGNOSTICS

63 Zillicoa Street
Asheville, NC 28801
© Genova Diagnostics

SIBO

Patient: CHRISTINE CALLAHAN
DOB: October 31, 1991
Sex: F
MRN: 0003282213

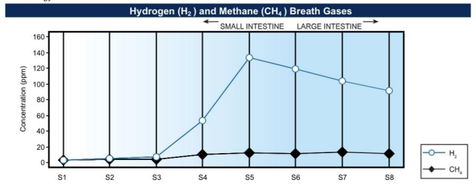
Order Number: V6231015
Reported: April 27, 2026
Received: April 23, 2026
Collected: April 20, 2026
Route Number: FSQ98HVYWM

Revive Naturopathic Medicine
Derek Lawrence ND

2337 Small Intestinal Bacterial Overgrowth (SIBO) 3 Hour - Breath

Methodology: GC-TDC/SSS

Hydrogen (H_2) and Methane (CH_4) Breath Gases



Specimen Number

Hydrogen (H_2), Methane (CH_4) and Carbon Dioxide (CO_2) (ppm)	Baseline 0 min (S1)	20 min (S2)	40 min (S3)	60 min (S4)	90 min (S5)	120 min (S6)	150 min (S7)	180 min (S8)
H_2	3	5	7	53	133	118	103	91
CH_4	3	4	4	10	12	11	13	11
$H_2 + CH_4$	6	9	11	63	145	129	116	102
CO_2 **	✓	✓	✓	✓	✓	✓	✓	✓
Actual Collection Times								
Actual Time	11:00	11:25	11:45	12:05	12:35	1:05	1:35	2:05
Actual Interval	0 min	25 min	45 min	65 min	95 min	125 min	155 min	185 min

**CO_2 is measured for quality assurance. ✓ indicates the CO_2 level is acceptable. X indicates room air contamination exceeding acceptable limits. ! indicates test not performed.

Evaluation for Hydrogen (H_2)

Hydrogen increase over baseline by 90 minutes

	Result		Expected Value
Change in H_2	130	H	<20 ppm

A rise of ≥ 20 ppm from baseline in hydrogen by 90 min should be considered a positive test to suggest the presence of SIBO.

Evaluation for Methane (CH_4)

Peak methane level at any point

	Result		Expected Value
CH_4 Peak	13	H	<10 ppm

A peak methane level ≥ 10 ppm at any point is indicative of a methane-positive result.

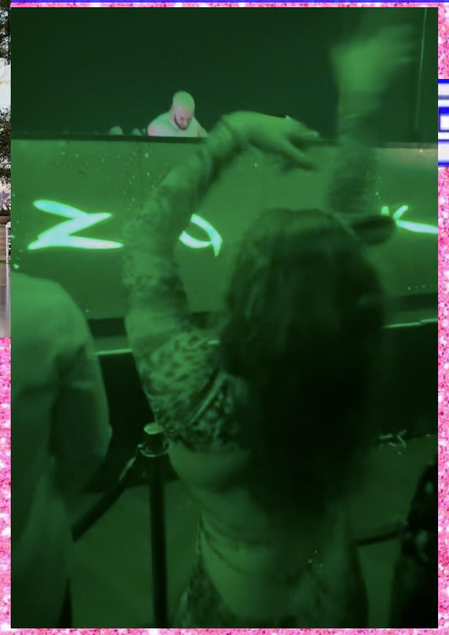
© Genova Diagnostics · A. L. Peace-Brewer, PhD, DABMLD, Lab Director · CLIA Lic. #34D0615571 · Medicare Lic. #34-8475

ASBO3.3

- couples therapy
- best GF ever
- auntie life

-health work ups and health practices (yoga, PT, gut)

RECENT ADVENTURES



Vegas for James Hype
Orlando for Wedding

DC for SUNNY

Rosarito for coworker BDay
Cabo for sister BDay

HIGHS

- 1 Delivering Sunny
- 2 Expanding my relationships
- 3 Working on healing relationship with food
- 4 Moving body more
- 5 Advocating for a raise

&

LOWS

- 1 Grandma dying
- 2 Gut and health
- 3 Health anxiety
- 4 Body dysmorphia
- 5 Not enough queer shit

REFLECTIONS

- 1 Listen to your body
- 2 You are worth investing in
- 3 Healthy relationships take work
- 4 Spend time doing what you love and life will be happier
- 5 Small changes lead to big differences

MANIFESTATIONS

1 SIBO/IMO FREE! And living as the healthiest version of me

2 Get out of credit card debt

3 More queer shit

NEXT TRIP?

- Morocco
- Puerto Rico
- Montana
- Grand Teets

Resource Page

Use these design resources in your Canva Presentation. Happy designing!

Delete or hide this page before presenting.